

Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

HOMEMAKERS' CHAT

FOR BROADCAST USE ONLY

U. S. DEPARTMENT
OF AGRICULTURE
OFFICE OF INFORMATION

(Release on receipt)

SUBJECT: "To Set a Record"...Information from the Extension specialist in home food preservation, U. S. Department of Agriculture.

-oOo-

This is the time of year when home canners like to compare records. Not everyone can match the achievements of a North Carolina grandmother...Mrs. W. A. Shuping of Salisbury. This farm woman had canned 1300 jars of fruits, vegetables and meats by the end of August. She expects to reach her 1944 record of 1700 quarts before the season is over. Mrs. Shuping puts up food not only for her own family of four, but also for three married daughters and a neighbor. Then she finds time to serve as president of her home demonstration club and to keep the letters flying to her two sons in the service.

Where does she get the time and energy for so much work? It's just a matter of practical planning...says Mrs. Shuping. Here's her formula:

"I plan my work so that when canning time comes...I don't have much else to do. For example... I get my sewing done in the spring. I wear seersucker dresses which reduces the ironing...and yet my clothes look neat.

"I help with the work in the garden until canning time and then I am busy all the time with my canning. My husband carries on from there and brings my products from the garden and farm.

"I make rolls most of the time. Make enough to last two or three days at a time by storing them in the refrigerator. I keep biscuit mix ready to make biscuits in a jiffy. I keep a jar of flour browned...all ready to make gravy. Ice cream on hand...and fresh and canned fruits and melons solve my dessert problem in the summer."

So much for planning for time...but how about energy? Well... Mrs. Shuping can explain that too. She says..."I eat a good breakfast every day...eat the basic seven almost every day. Then I try to get at least eight hours rest every night... which makes my day's work a pleasure rather than a burden."

So that's how Mrs. W. A. Shuping...a North Carolina grandmother...sets a canning record.

9-20-45

#

